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WORTH
SHARING.



Cops save 18 from forced sex work across country

Nine arrests Canada-wide

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Ottawa author on Giller shortlist

Frances Itani's novel Tell is among six books in the running for \$100,000 prize

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HOCKEY DAYS ARE HERE AGAIN

CAN SENS PICK UP SPEZZA'S SLACK? WHICH PLAYERS WILL SHINE? AND WHAT THE HECK'S A CORSI RATING? METRO'S NHL PREVIEW HAS THE ANSWERS

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\$71M fee to break deal: Orgaworld



The firm that takes Ottawa's compostable green-bin waste, Orgaworld, says the city would owe \$71 million in cancellation fees if the municipality tore up the 20-year organic waste contract. SEAN MCKIBBON/METRO

Green bins. Slate of council candidates is touting cancellation savings



TREVOR GREENWAY
trevor.greenway@metronews.ca

Fourteen candidates promising to save taxpayers money by scrapping the city's controversial Orgaworld contract should pay attention to the fine print: Cancelling the deal would cost those same taxpayers a whopping \$71 million.

Orgaworld told Metro Tuesday that if the city were to cancel its 20-year contract today, the organic waste company would charge Ottawa \$71 million in cancellation fees.

It's not the best news for Os- goode council candidate Mark Scharfe, who is leading a coalition of 14 candidates on a plat-

form mainly driven on cancel- ling the program and bringing back weekly garbage pickup.

"This has cost taxpayers millions," said Scharfe, refer- ring to the contract that has cost taxpayers more than \$7 million in unnecessary fees.

Scharfe argues his plan to scrap the green-bin project and move to weekly garbage pickup would actually save the city \$14 million in trucking costs alone, but he didn't take into account the penalty the city would pay cancelling the \$140-million contract early.

If Scharfe and his Ottawa Property Owners Coalition sweep the election and make good on their promises, it will cost an additional \$4 million to bring weekly garbage pickup for summer alone.

Officials at city hall wouldn't confirm the early contract cancellation fee, only saying staff are analyzing "all of the various considerations applicable to the termination of the Orgaworld contract, in- cluding any amounts payable to Orgaworld for the early ter- mination."

The coalition also wants to stop the spreading of sewage on farmland and return Ot- tawa Hydro dividends back to ratepayers.

By the numbers

\$4M

It would cost \$4 million to bring back weekly garbage pickup for summer alone

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FIVE THINGS YOU NEED TO KNOW TODAY

1

CELEBRATING START OF NHL SEASON

To celebrate the return of the NHL hockey season, Sport Chek at 785 Kanata Ave. is offering free skate sharpening (maximum three pairs per customer)

2

SPANISH FILM FEST

ByTowne Cinema's ongoing Festival of New Spanish Cinema will feature the Wednesday night screening of the documentary *Serrat & Sabina: Two for the Road*, about Spanish singers Joan Manuel Serrat and Joaquín Sabina.

3

EBOLA PATIENT UPDATE

Hospital officials say the man being treated for Ebola in Dallas is showing improved liver function, though he remains in critical condition. Thomas Eric Duncan fell ill after travelling to Dallas from Liberia two weeks ago.

4

X-MEN ON THE SMALL SCREEN?

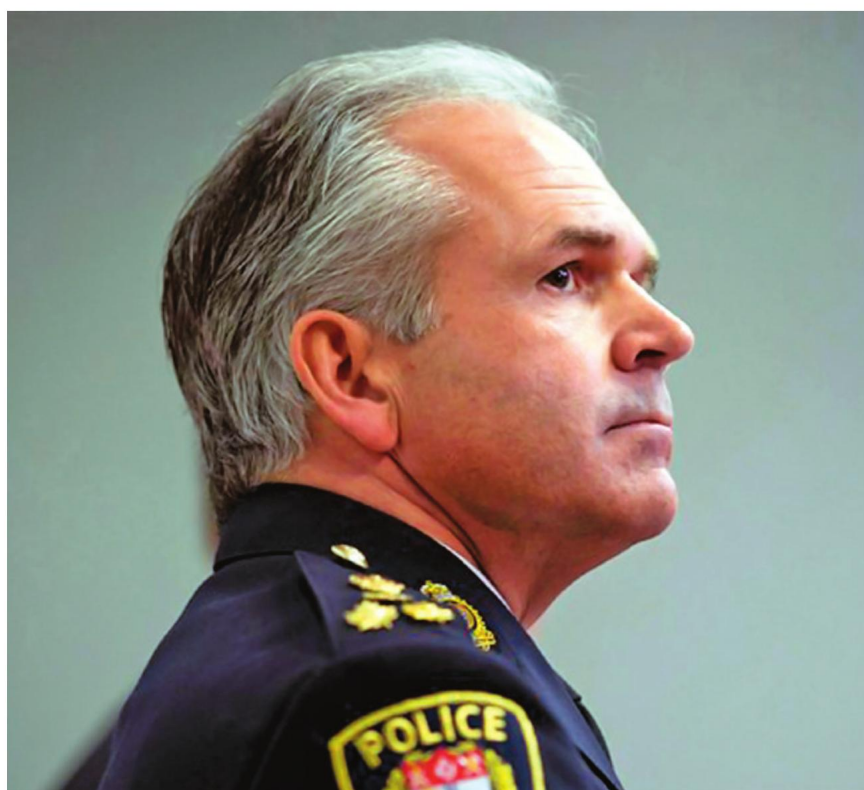
According to the website *Bleeding Cool*, the X-Men could become the next superhero team to make the leap from the comic book page to the small screen. While rumours are swirling, Fox has not confirmed anything.

5

TYRA, BY TYRA BANKS

Tyra Banks has unveiled her own beauty brand, and she's named it after herself. The America's Next Top Model host and former Victoria's Secret Angel has launched a new beauty collection, Tyra.

'We're human beings': Chief



Ottawa Police Chief Charles Bordeleau, seen here on Feb. 7 at police headquarters in Ottawa, told Metro more work needs to be done to make it easier for police to come forward and seek help in dealing with emotional trauma and mental health issues. ADRIAN WYLD/THE CANADIAN PRESS

Mental health. Ottawa police assessing policy against national standard

In recent weeks, the Ottawa Police Service has been assessing its mental health policy for its 2,000 civilian and sworn members, but the recent death of a 22-year veteran officer has put the task in new light.

The force was rocked by the death of Staff Sgt. Kal Ghadban, who took his own life at the Elgin Street headquarters on Sept. 28.

Ottawa police chief Charles Bordeleau told Metro Tuesday the force is already looking at the Mental Health Commission of Canada's National Standard of Canada for Psychological Health and Safety in the Workplace. The commission describes the standard as a systematic approach to develop and sustain a psychologically healthy and safe workplace.

It is now being considered by the Toronto Police Services Board.

"We've identified a senior officer to lead that work at identifying what are those standards that have been established by the Canadian Mental

Health Commission and seeing how do we compare to those standards and what are the gaps," said Bordeleau.

Bordeleau acknowledged that more work needs to be done to make it easier for police to come forward and seek help.

But there are resources available, he added, pointing to the volunteers in the Crisis Intervention and Stress Management team (CISM), who are deployed after tragic incidents. Officers availed themselves of their services following Ghadban's death and the OC Transpo-Via Rail crash last year.

A new program in the works is a peer support program, which would see officers who overcame major challenges, including mental health issues, offer support to their colleagues.

"Our officers go to a lot of calls for service where they're expected to be strong to provide that support to those in need and to put up a strong exterior to provide that support that's needed at the scene," he said. "But, we're human beings. And they have emotions as well, and they have to deal with all the stuff that they see and hear and have to deal with."

JOE LOFARO/METRO

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From left: Metro reporters Trevor Greenway, Lucy Scholey, Joe Lofaro and managing editor Sean McKibbon get ready to try out the burgers in the Metro Ottawa, BFF #ottburgerpoll. TREVOR GREENWAY/METRO

Choose wisely, Ottawa

Municipal election.

Chowing down on burgers easier than sinking teeth into politics



SEAN MCKIBBON
sean.mckibbon@metronews.ca

Few assignments have been so hotly anticipated among Metro staff as this one of reviewing the burgers in our mayoral burger poll.

We went to Burgers N' Fries Forever armed with a camera, smartphones a tripod and our appetites — in short, everything voters aren't allowed to bring to the ballot box (eating your ballot is frowned upon and tweeting pictures of your vote — as we found out in the last provincial election — is also not a good idea).

Latest poll

Burger poll results as of Tuesday night:

- Syed 80; Watson 78; Wood 28; Maguire 24; White 17; Couchman 23

Burger ratings

- Watson Burger.** Lucy Scholey — 7.5/10; Joe Lofaro — 8/10; Trevor Greenway — 7/10; Sean McKibbon — 8/10

"It's plain from the outside, but it gets the job done."
— Joe Lofaro

- Mike Maguire.** Lucy Scholey — 8/10; Joe Lofaro — 4/10; Trevor Greenway — 9/10; Sean McKibbon — 10/10

"The gravy train on this burger is much tastier than Maguire's transit plan."
— Trevor Greenway

- Anwar Syed.** Lucy Scholey — 9/10; Joe Lofaro — 10/10; Trevor Greenway — 9/10;

Sean McKibbon — 10/10

"The firecracker burger. Spicy and delicious. Syed wants to run a "thrifty" council. There is nothing "thrifty" about this burger."
— Trevor Greenway

- Darren Wood.** Lucy Scholey — 8/10; Joe Lofaro — 4/10; Trevor Greenway — 4/10; Sean McKibbon — 8/10

"Darren Wood doesn't like blue cheese, but I do."
— Lucy Scholey

- Robert White.** Lucy Scholey — 6/10; Joe Lofaro — 6/10; Trevor Greenway — 6/10; Sean McKibbon — 6/10

"Might be better on vegetarian patty. Not a fan. But then White's not a fan of the Orga-world contract that inspired this burger. He wouldn't come in to try his burger, as he wrote in his email responding to my invitation: 'I'm not a prop for media or burger sales, thanks.'"
— Sean McKibbon

- Bernard Couchman.** Lucy Scholey — 8/10; Joe Lofaro — 8/10; Trevor Greenway — 8/10; Sean McKibbon — 8/10

"I like the spicy-sweet barbecue sauce. Do the toppings fit with the candidate? No idea. He hasn't returned our calls."
— Lucy Scholey

But not so at a hamburger joint, a place where you get to choose what you want and get it in short order for a nominal fee.

Those who pay property taxes may feel the price of a burger is where the metaphor fails, but it's a fun way to think about the election, and there's plenty of metaphors to be had — blue cheese conservatives, LRT burgers.

But maybe the best meta-

phors are the ones that don't completely work, that don't line up neatly with real life.

When you go to the ballot box you might be tempted to vote for yourself, the way you do when you order at a restaurant.

But the meat of the issue, if you'll indulge the pun is that you aren't really just voting for yourself, you are voting for the whole city. All the patties at BFF taste great, but in real life it's not

so simple. As we waddled back to the office, each of us pleasantly stuffed with the equivalent of one and a half burgers — we cut each one in four — we joked that we'd maybe just skip dinner or vary our diets a bit more over the next few days.

Choose the wrong mayor or councillor and you aren't getting transitory heartburn, you're stuck with that person for the next four years.



The City of Ottawa removed a bike corral in Wellington West Village after complaints from business owners. LUCY SCHOLEY/METRO

Bike corral pilot in Wellington West removed after complaints

Pilot parked. Two other corrals will remain until the end of the bike season; city staff have yet to evaluate project



LUCY SCHOLEY
lucy.scholey@metronews.ca

A pilot bike corral project has been prematurely parked in Wellington West Village, following mixed reviews.

The City of Ottawa launched the project this season, which saw three corrals — each with space for 12 bikes — installed in the Wellington West Village, Hintonburg and the Glebe.

But the city packed up the bike parkade outside the Wellington Gastropub on Monday.

According to Alex Culley, the city's project officer of traffic demand management, the corral was removed following complaints from local businesses.

Two other corrals will remain until the end of the bike season and city staff will evaluate the project before deciding whether to recommend its continuation next year.

Grant Burke, the co-owner of Tall Tree Cycles, called it a "disappointing" move. If business owners complain about

Quoted

"No one was against the corral, per se, it was just the way it was implemented and how and where it was located."

Terry Fitzpatrick, owner of Petit Bill's Bistro

the bike corrals, he said, then it might make cyclists feel unwelcome.

"That's bad PR and just doesn't make good business sense to me," he said.

Terry Fitzpatrick, the owner of Petit Bill's Bistro, said the businesses were never consulted on where the bike corrals should be placed. But because they each take up one parking spot, they could deter car customers.

The corral on Wellington Street West was rarely ever full, he said.

"No one was against the corral, per se, it was just the way it was implemented and how and where it was located," he said, adding that he personally never saw a hit in business, but he never saw any increase either, which is what business owners were promised.

Ottawa Mayor Jim Watson said the corrals should stay for the rest of the season.

"I thought the return on investment from a cycling and an ecological point of view was great," he said.

OCD SB

Educational assistant accused of molesting student released from custody

A 44-year-old Ottawa educational assistant was released from custody Tuesday after appearing in court to face allegations she had a sexual relationship with a 15-year-old male student.

Kathy Kitts was arrested

Monday and charged with sexual assault, sexual exploitation, and communicating with a person with a computer under the age of 18 for the purpose of committing a specific offence.

She was released on a \$5,000 bond and must be supervised by two sureties.

Kitts met the complainant in 2011, but started a sexual relationship with him in 2012, according to police. She was employed by the Ottawa Carleton District School Board (OCD SB) at the time of the

alleged offences.

In court, she said very few words in a barely audible voice and shielded her face with her shoulder-length brown hair with blond highlights.

She was released on consent from the Crown and must abide by several court-ordered conditions, including staying at least 500 metres from Sir Robert Borden High School and 300 metres from the complainant and another potential witness.

Kitts is also prohibited from

contacting her own children without approval from the Children's Aid Society, accepting paid or volunteer work where she would be in a position of trust or with individuals under 18, and from attending parks where individuals under the age of 16 are reasonably expected to be present.

The school board released a statement Tuesday, saying Kitts has been placed on leave due to the police investigation.

JOE LOFARO/METRO



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Ottawa author Itani shortlisted for 2014 Giller

CanLit. Frances Itani's latest novel, *Tell*, is a story of small-town life after the First World War



LUCY SCHOLEY
lucy.scholey@metronews.ca

Frances Itani jokes that she was related to about 20 per cent of the people who crowded into a small Deseronto, Ont., library last month for the launch of her Scotiabank Giller Prize-nominated book, *Tell*.

"I have personal connections to the town, which is how this all started.... My deaf grandmother was born there in 1898," said the Ot-

tawa author, who was born in Belleville.

Deseronto, a small town of about 2,300, could be put on the map through Itani's book, which made the Giller Prize shortlist this week.

"It's an honour and it does recognize what I do — and what I have been doing for 40 years," said the 72-year-old former nurse.

Tell, Itani's 16th book, is described as a "followup" — not a sequel — to her first highly acclaimed novel, *Deafening*.

Both novels are set in post-First World War Deseronto and deal with unspoken small-town stories, including adoption and PTSD, or "shell shock" as it was called back then.

The story centres on sev-

eral characters from *Deafening* — but not the two main characters, who are in Prince Edward Island for this followup story — including Kenan, a soldier returning from war, and his wife Tress.

This year's Scotiabank Giller Prize shortlist includes former shortlist nominee and 2006 Canada Reads winner Miriam Toews (*All My Puny Sorrows*) and Heather O'Neill (*The Girl Who Was Saturday Night*), whose debut novel *Lullabies for Little Criminals* won Canada Reads in 2007.

The Giller Prize winners will be announced on Nov. 10 at 9 p.m. on CBC. The winner gets a \$100,000 prize and each finalist takes home \$10,000.



Ottawa author Frances Itani has been shortlisted for the 2014 Scotiabank Giller Prize. CONTRIBUTED/NORMAN TAKEUCHI

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Doing it for the kids

Greg Brown, cancer survivor and manager of the Rexall Drug Store in Manotick, second from right, poses with Jacqueline Belsito, Steve Shapiro and Dr. Matthew Bromwich during a \$10,000 cheque presentation at the Mews in Manotick (Ottawa) to benefit the Children's Hospital of Eastern Ontario and the Ottawa Children's Treatment Centre. Brown's store came third in a corporate three-week fundraising event in support of children's health charities. Local health centres hold a special place in Brown's heart as his son received extensive treatment for a rare genetic disorder in January 2010, even as Brown was receiving cancer treatment.

MIKE CARROCCETTO/METRO



Democratic Reform Minister Pierre Poilievre insists splitting Elections Canada functions is necessary to ensure the commissioner's independence from the chief electoral officer. ADRIAN WYLD/THE CANADIAN PRESS

Feds refuse to reveal cost for Elections Canada split

Controversial. Move of election commissioner under auspices of the public prosecutor was key measure in laws overhaul last spring

The Harper government won't disclose how much it will cost taxpayers to separate the commissioner of elections from Elections Canada, a move Conservatives insisted upon even though electoral experts said it was unnecessary.

The government says all briefing materials on the cost and logistics of transferring the election commissioner's operations to the director of public prosecutions are cabinet confidences.

As such, they "may not be disclosed" in response to an access-to-information request.

Moving the election commissioner under the auspices of the public prosecutor was a key measure in a controversial overhaul of election laws pushed through Parliament last spring, despite near-universal condemnation by electoral experts at home and abroad.

Democratic Reform Minister Pierre Poilievre insisted the move was necessary to ensure the commissioner's independence from the chief electoral officer, whom Conservatives contend is biased against their party.

Poilievre was unmoved by elections experts, including

Who does what

The chief electoral officer administers election laws while the commissioner enforces them and investigates breaches.

- The director of public prosecutions decides whether or not to lay charges.

current commissioner Yves Cote and former commissioner William Corbett, who argued the commissioner already had unfettered independence to carry out investigations into suspected electoral wrongdoing as he saw fit.

Corbett and Cote also said they had never experienced any interference from chief electoral officer Marc Mayrand or his predecessor.

Poilievre allowed Tuesday that there will eventually be some costs associated with the decision to split up Elections Canada. But he told the House of Commons no costs have been incurred so far because the commissioner has not yet moved out.

NDP ethics critic Charlie Angus questioned why the government has declared briefing materials on the cost to be secret cabinet confidences, if that's the case.

"(Poilievre) led a personal vendetta against the integrity of Elections Canada. He is now trying to hide the cost of this from Canadians," Angus told the Commons. **THE CANADIAN PRESS**

Arnprior

Bail for Alta. man, charged after wife run over, killed

An Alberta man charged after his wife was struck and killed by a truck in a small community west of Ottawa was released on bail Monday.

Clive Mimmagh, 65, of Edmonton, appeared in court on a charge of danger-

ous driving causing death in connection with the death of his wife Thursday in Arnprior.

Both the Crown and defence lawyers agreed the incident was unintentional.

It's alleged the woman was struck and dragged by the pickup truck her husband was driving.

Pamela Mimmagh, 55, of Arnprior, was rushed to hospital where she died a short time later.

THE CANADIAN PRESS

Language

Air Canada, CBSA top complaints about bilingualism

Canada's official languages commissioner is painting a generally positive picture of bilingualism in Canada, but is expressing concerns that certain institutions continue to violate the law year after year.

At a news conference Tues-

day, Graham Fraser singled out Air Canada, which shares the top spot in the number of complaints filed against it in 2013-14 along with the Canada Border Services Agency, at 51 complaints each.

Next comes National Defence with 31, Canada Post with 30 and the Canada Revenue Agency with 20.

Fraser expressed dismay that Air Canada does not seem to consider bilingualism a competitive advantage.

THE CANADIAN PRESS

Current patient Nalie Agustin with brothers Albert & Justin



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Police rescue 18 women forced to work in sex trade

Canada-wide human trafficking bust. Nine people face 33 charges

A months-long investigation into human trafficking has led to the rescue of 18 women who were forced to work in the sex trade against their will, police said Tuesday.

Nine people are facing 33 charges, including forcible confinement, making and distributing child pornography, assault, trafficking in persons, withholding or destroying documents, living off the avails, uttering threats, obstructing police and failing to comply with court orders and conditions of bail and probation.

Ontario Provincial Police Sgt. Peter Leone said vulnerable groups, like newcomers to Canada, are often the targets of exploitation.

"These (18 victims) are in-

dividuals who were preyed upon, that were very vulnerable and certainly exploited," he said. "A lot of promises can be made to people if they come along, and they don't realize until they go with them, what they've gotten themselves unfortunately into."

Twenty-six police forces were involved in the operation on Oct. 1 and 2, including those in Edmonton, Calgary, Regina, Saskatoon, Winnipeg, Halifax, Quebec City, Toronto and other parts of Ontario.

They interviewed hundreds of women some as young as 15 since January, focusing on hotels, motels and massage parlours along major thoroughfares in 30 cities and towns across the country, police said.

Many of the women had been threatened with violence, extortion and drug dependency, among other forms of coercion by men.

THE ASSOCIATED PRESS

Stephen Collins

7th Heaven actor faces molestation allegations

New York police say they have an open investigation into allegations that veteran TV actor Stephen Collins molested a teenage girl in the early 1970s.

Police spokesman

Stephen David says the complaint was filed in 2012 accusing Collins of forcing a then-14-year-old girl to commit a lewd act in 1972. David says the case remains open, but no charges have been filed.

Celebrity website TMZ reported Tuesday that Collins discussed the incident in a therapy session with his estranged wife, Faye Grant.

THE ASSOCIATED PRESS



Same-sex couple becomes first to marry legally in El Paso County

Jana Hayes, left, and Angie Hayes embrace under an altar on Tuesday at the Citizens Service Center in Colorado Springs, Colo., after self-officiating their own marriage and becoming the first same-sex couple to legally wed in El Paso County. Colorado Attorney General John Suthers ordered clerks in all of the state's 64 counties to issue marriage licenses to gay couples after the Colorado Supreme Court lifted previous orders barring clerks in Denver and Boulder from doing so. MICHAEL CIAGLO/THE COLORADO SPRINGS GAZETTE/THE ASSOCIATED PRESS

Fredericton. Death of Mountie highlights need to deal with PTSD: RCMP

The death of RCMP Cpl. Ron Francis, who helped draw attention to post-traumatic stress disorder among emergency first responders, is a terrible loss that underscores the need to deal with the issue, the RCMP's commanding officer in New Brunswick said Tuesday.

"It's unfortunate that this condition, if you will, took over and consumed him, but he didn't let go," assistant commissioner Roger Brown

told a news conference at RCMP headquarters in Fredericton. "His goal was to try to make some sense of it himself and to bring an awareness to what this is all about."

Francis was found dead Monday afternoon at the Kingsclear First Nation. It appears no one else was involved in his death but Brown wouldn't provide any details about the circumstances of how Francis died.

THE CANADIAN PRESS

Saskatchewan. Train derails and catches fire; village being evacuated

A CN freight train carrying dangerous goods derailed in central Saskatchewan on Tuesday and caught fire.

The Saskatchewan government said the derailment happened near the small community of Clair, which was being evacuated. RCMP said people with farms in the area were also being told to leave.

CN spokesman Jim Feeny said the train was made up of three locomotives pulling

100 cars and that 26 of them derailed.

He said the fire came from petroleum distillate, which spilled from two of the derailed cars.

"They had fire and smoke," Feeny said. "The crew is not injured, but we have reports from the local authorities that some nearby residents in the rural area have been evacuated."

Highway 5 was closed in the area. THE CANADIAN PRESS

ER patients

Patients face lengthy waits for beds: Report

A new report says one in 10 emergency department patients who need hospital admission have to wait more than 28 hours on average before being transferred to a bed. The report by the Canadian Institute for Health Information, or CIHI, also found that one-quarter of seniors who visit an ED need admission, and one in 10 wait more than 31 hours for a bed.

THE CANADIAN PRESS

Proposal

EU considers measure to ease oilsands imports

The European Union is considering a proposal on high-carbon fuels that could eventually make it easier to import crude derived from Alberta's oilsands.

The proposal comes after five years of lobbying by the industry and Alberta and federal governments, and is being called a major concession by environmental groups.

THE CANADIAN PRESS

Copenhagen Accord

Feds fail to reduce emissions

Canada is all but certain to miss its Copenhagen Accord target to reduce greenhouse gas emissions by 2020, the country's environmental watchdog warned Tuesday. And not only has the Harper government failed to introduce regulations to limit emissions from the oil and gas sector, it has no plan for meeting the target, said Canada's commissioner of the environment and sustainable development in a report. THE CANADIAN PRESS

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Study identifies 8 DNA variants in coffee drinkers

Java genes. Harvard research indicates four are associated with caffeine's effect as a stimulant and how the body breaks it down



Genes and coffee-drinking are closely linked. ISTOCK

How much coffee do you drink every day? One cup in the morning? Or do you gulp it all day?

Scientists have long known that your DNA influences how much java you consume. Now a huge study has identified some genes that may play a role.

Their apparent effect is quite small. But variations in such genes may modify coffee's effect on a person's health, and so genetic research may help scientists explore that, said Marilyn Cornelis of the Harvard School of Public Health. She led the research.

The project analyzed the results of about two dozen pre-

vious studies with a combined total of more than 120,000 participants. Those participants had described how much coffee they drink a day, and allowed their DNA to be scanned. The new study looked for minute differences in their DNA that were associated with drinking more or less coffee.

Researchers found eight such variants, two of which had already been linked to coffee consumption.

Four of the six new variants implicate genes that are involved with caffeine, either in how the body breaks it down or in its stimulating effects, the researchers said in a paper released Tuesday by the journal *Molecular Psychiatry*.

The two other newly implicated genes were a surprise because there's no clear biological link to coffee or caffeine, Cornelis said. They are instead involved with cholesterol levels and blood sugar.

Marian Neuhaus, a nutrition researcher at the Fred Hutchinson Cancer Research Center in Seattle and study co-author, said identifying genes related to consumption may one day help doctors identify patients who need extra help in cutting down on coffee if recommended. For example, pregnant women are advised to consume only moderate amounts of caffeine because of risk of miscarriage and pre-term birth, she said.

THE ASSOCIATED PRESS

Delaware

Girl accidentally brings heroin to daycare

A four-year-old girl mistakenly took about 250 heroin packets (an estimated four grams) to her daycare centre Monday and began passing the packets to classmates, thinking they were candy, Delaware State Police said Tuesday.

Any kids who received the heroin packets went to the hospital as a precaution, but no packs were opened and all children were examined and released.

Police say the child brought the heroin to the centre when her mother gave her a different backpack because the girl's regular one had been ruined by their family pet.

The girl's mother, Ashley Tull, 30, was charged on three counts of child endangerment and maintaining a drug property. She was arraigned Monday in Justice of the Peace Court and released on a \$6,000 bond.

THE ASSOCIATED PRESS



Signing the future 'hello'

A prototype of Japanese electronics company Toshiba's female android Ms. Aiko Chihira performs sign language to a visitor during the annual CEATEC Japan advanced technologies show in Chiba. The robot features smooth gestures and expressions, giving a self-introduction to visitors. Exhibitors used such attention-grabbing gadgets to showcase their technology and stand out at the event that began Tuesday.

KOJI SASAHARA/THE ASSOCIATED PRESS

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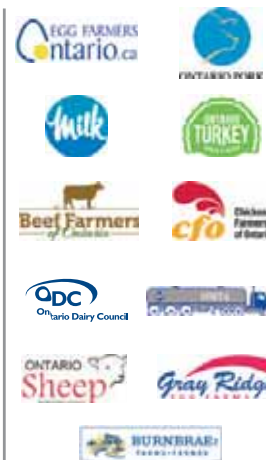
The Ontario Association of Food Banks would like to thank Ontario's farmers, food processors and food transporters for their incredible generosity.

All three sectors worked in harmony to provide over 2.7 million meals to those in need over this past year alone.

Fresh, healthy protein is the most needed item by Ontario's food banks. Through province-wide programming and collaboration, the following groups have worked incredibly hard to ensure that children and families across the province have access to these vital nutrients. Thank you to: Dairy Farmers of Ontario, Ontario Dairy Council, Ontario Milk Transport Association, Egg Farmers of Ontario, Chicken Farmers of Ontario, Turkey Farmers of Ontario, Ontario Pork, Beef Farmers of Ontario, Ontario Sheep Marketing Agency, Gray Ridge Egg Farms and Burnbrae Farms.

Thank you to these incredible producer groups, farmers, and partners for ensuring that the 375,000 adults and children who access Ontario's food banks every month have the nutrition they need to work, play, and grow - with full stomachs and happy hearts.

To make your own Thanksgiving gift to help a family in need, please visit www.oafb.ca/donate-now



Freedom of information

Twitter suing FBI, DOJ to release info on surveillance

Twitter is suing the FBI and the Department of Justice in a bid to release more information about surveillance of its users.

Twitter Inc. filed a lawsuit Tuesday in a California federal court to publish its full "transparency report," which documents government requests for user information. The published report does not include the exact number of national security requests because Twitter, along with other Internet companies, has been prohibited from disclosing that information, even if no requests were received.

The San Francisco-based social media company said in a blog post that it believes it's entitled under the First Amendment to "respond to our users' concerns and to the statements of U.S. government officials by providing information about the scope of U.S. government surveillance."

THE ASSOCIATED PRESS

Turkey's president says Syrian border town 'about to fall' to ISIS

Middle East. Kurdish fighters battling to halt Islamic group's advance bolstered by U.S.-led airstrikes, but it won't be enough, Erdogan warns

Islamic State of Iraq and al-Sham (ISIS) fighters were poised to capture a strategic Syrian town on the Turkish border, Turkey's president warned Tuesday, even as Kurdish forces battled to expel the extremists from their footholds.

The outgunned Kurdish fighters struggling to defend Kobani got a small boost from a series of U.S.-led airstrikes against the militants that sent huge columns of black smoke into the sky. Limited coalition strikes have done little to blunt ISIS' three-week offensive, and its fighters have relentlessly



Turkish Kurds standing on the Turkey-Syria border watch smoke rise following an airstrike in Kobani, Syria, where the fighting between ISIS and Kurdish forces intensified Tuesday. LEFTERIS PITRAKIS/THE ASSOCIATED PRESS

shelled the town in preparation for a final assault.

Warning that the aerial campaign alone was not enough to halt ISIS' advance,

Turkish President Recep Tayyip Erdogan called for greater co-operation with the Syrian opposition, which is fighting both the extremists

and forces loyal to Syrian President Bashar Assad.

"Kobani is about to fall," Erdogan told Syrian refugees in the Turkish town of Gaz-

Poised on the brink

Erdogan has said repeatedly that Ankara wants to see a more comprehensive strategy for Syria before it commits to military involvement in the U.S.-led coalition.

- Turkish forces have been stationed near the fighting in Kobani, but have not intervened. And while Turkey said it wouldn't let Kobani fall, there's no indication the government is prepared to make a major move to save it.

iantep, near the border.

"We asked for three things: One, for a no-fly zone to be created; two, for a secure zone parallel to the region to be declared; and for the moderate opposition in Syria and Iraq to be trained and equipped."

THE ASSOCIATED PRESS



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House of Commons gives green light to join ISIS fight

Combat mission.

Tories insist extremist group poses direct threat to Canada, while opposition expresses concern over Tory plans

Conservative MPs in the House of Commons have approved a motion to join the war against the Islamic State of Iraq and al-Sham (ISIS) in Iraq, clearing the way for Canadian CF-18s to take part in airstrikes in the Middle East.

After two days of debate, 155 Conservatives voted in favour of the motion, with the help of Independent MP Brent Rathgeber and Green MP Bruce Hyer, while the NDP and the Liberals were opposed. Liberal MP Irwin Cotler abstained from the vote.

There is no requirement for the House of Commons to approve combat missions,



Prime Minister Stephen Harper speaks in the House of Commons on Tuesday. Conservative MPs in the House of Commons have approved a motion to join the war in Iraq against ISIS. ADRIAN WYLD/THE CANADIAN PRESS

but Prime Minister Stephen Harper had promised to put the question up for debate.

The motion calls for six Canadian fighter-bombers, two CP-140 surveillance planes, one refuelling aircraft and 600 personnel to join coalition airstrikes in Iraq for up to six months.

The opposition parties voted against the motion on

the grounds that the Conservative government had not sufficiently made the case for war, and provided too few details about the proposed mission.

The Conservatives say ISIS poses a direct threat to Canada, which means the country has a responsibility to join the fight.

THE CANADIAN PRESS

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This Employment Ontario program is funded by the Ontario government.

New iPhone app

How to catch a suspected child predator? Via an app

Federal investigators in the U.S. say an iPhone app — designed to help catch fugitive and suspected child predators — led law enforcement officials to a suspect less than 36 hours after it became available.

A year later, they are hoping to greatly expand their reach by making the app available in Android and Spanish versions.

The app allows users to receive alerts about wanted predators, to share the information through email and social media, and to pass along tips by filling out an online form or calling a tip line. It also allows users to see news about arrests and prosecutions. **THE ASSOCIATED PRESS**

Report

The True North, strong ... and slow to embrace technology

Some of North America's most influential online companies warn that Canada is losing its international edge on the Internet because businesses are slow to take up digital technology.

The Internet Association,

a group that calls itself the voice of "America's leading Internet companies" including Google and Facebook, released a paper Tuesday on Canada's competitiveness in the digital economy.

Only three per cent of the Canadian retail economy is online compared with 23 per cent in the U.K. The contribution Internet companies in Canada make to the economy is far below that of other G20 countries. **THE CANADIAN PRESS**

Cheapest in Canada

Don't have a cow, but a jug of milk is \$3.65 in Windsor

Windsor, Ont., is the discount dairy capital of Canada.

According to a survey conducted by Field Agent, you can buy a four-litre jug of milk for \$3.65 at Windsor's Costco and No Frills locations. That's the lowest price in the

country and \$1.15 cheaper than the national average.

The study found milk prices vary significantly across Canada. For example, a four-litre jug of milk in Scarborough, Ont. retails for the same price as a two-litre carton in St. John's, N.L.

Prices were higher in the Atlantic provinces, with residents paying 25 to 50 per cent more for milk than the average Canadian.

LUKE SIMCOE/METRO ONLINE

Driven to distraction by talking?

Voice-activated gadgets. Hands-free devices meant to cut down on distracted driving may be doing more harm than good

a phone call while keeping their eyes on the road and their hands on the wheel, but many of these systems are so error-prone or complex that they require more concentration from drivers rather than less, according to studies released Tuesday by the AAA Foundation for Traffic Safety and the University of Utah.

One study examined infotainment systems in some of the most common auto brands on the road: Chevrolet, Chrysler, Ford, Hyundai and Mercedes. The second study tested the Apple iPhone's Siri voice system to navigate, send texts, make Facebook and Twitter posts, and use the calendar without handling or looking at the phone. **THE ASSOCIATED PRESS**

Just because you can talk to your car doesn't mean you should.

Two new studies have found that voice-activated smartphones and dashboard infotainment systems may be making the distracted-driving problem worse instead of better.

The systems let drivers do things like tune the radio, send a text message, or make



Stormy days for workers in Romania

A Romanian worker holds a megaphone during a protest by trade unionists from all over Romania, Tuesday in the capital of Bucharest. Thousands joined a protest demanding changes to the employment legislation which, according to the trade unions, gives excessive powers to employers and offers very limited means for negotiating working conditions to the employees. The Sanitas health trade union says 30,000 doctors and nurses have left Romania in recent years due to low salaries and underfunding. Junior doctors earn 200 euros (\$260 US) a month. Unofficial payments and bribes to health-care staff are common. **VADIM GHIRDA/THE ASSOCIATED PRESS**

You love your cat... but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

For more information, please call
613-599-5700 ext. 23
or email kanataallergy@gmail.com

CATALYST
The cat allergy study
www.thecatallergystudy.com

Bees. Pesticides linked to deaths of bees could have 'massive impact' on nature

The widespread use of neonicotinoid pesticides by Ontario farmers, which has been linked to the deaths of bees, could have a "massive impact" on our ecological system, the province's environment watchdog warned Tuesday.

"All the science is not done, but everything that I have before me ... suggests to me that this is the biggest threat to the structure and ecological integrity of the ecosystem that I have ever encountered in my life, bigger than DDT," said Environmental Commissioner Gord Miller as he released his annual report.

Dichloro-diphenyl-trichloroethane was banned in Canada in 1972 because of environmental and safety concerns, and even Environment Minister Glen Murray admitted the neonicotinoid class of pesticides is "much more toxic" than DDT.

"It is persistent in the environment and stays there for years. About 94 per cent of it doesn't go into the plants, it goes into the soil," said Murray.

"It is impacting not just colonizing bees, but wild bees, birds, soil health as well as frogs and other invertebrate aquatic life."

THE CANADIAN PRESS

Market Minute



DOLLAR
89.52¢
(-0.32¢)



TSX
14,576.45 (-166.67)



OIL
\$88.85 US (-\$1.49)



GOLD
\$1,212.40 US (+\$5.10)

Natural gas: \$3.94 US (+\$0.03)
Dow Jones: 16,719.39 (-272.52)

MATH: THE NOBELIST OF PURSUITS

It's Nobel prize season again, the time of year that reminds us of the good things that can happen if we stick with math.

This year's physics prize winners include the three guys from Japan who invented LED lights, which have had an instant and illuminating impact on our world.

Each scientist gets a cool eight million kronor (about \$1.1 million), while a grateful planet gets a vastly more efficient lighting technology that just screws into the old one.

LED (an acronym for light-emitting diode) lights last 10 times longer than fluorescent lights and 100 times longer than bad old Thomas Edisons. This is significant because one-quarter of the world's electricity goes to lighting.

LED lights have already taken over about 10 per cent of the lighting load, and the Lighting Research Center (you knew there would be one of those) estimates that will increase to 30 per cent



JUST SAYIN'

Paul Sullivan
metronews.ca

when the price comes down.

That's good for a few billion tonnes of greenhouse gas.

Last year's physics prize was pretty cool, too — it recognized the discovery of the elusive Higgs boson, one of the elemental particles of the universe, tracing its lineage back to the Big Bang. But you need Carl Sagan to explain what the little guy actually does, and, unfortunately, Carl's no longer with us.

The LED light, on the other hand, is conveniently available at your local Canadian Tire store. Not only does it last 10 to 100 times longer than an old-fashioned bulb, it costs 10 to 100 times more. But you just screw it in the socket and forget about it. It's a race to see what lasts longer, you or your light bulb.

This is obviously a problem, and someone in the lighting industry is going to have to figure out how you make money from

something that lasts forever. Right now, the generally accepted North American business plan is for cheap stuff that falls apart in three years.

Still, the LED reminds us of the power of science and technology to change the world, just like that. Just when you think the grid is overextended and ready to blow the mother of all fuses, a scientist finds a way to increase capacity by 10 to 100 times.

The idea that science will save us is not popular these days among the children of Hollywood, who have been raised on the notion that science will kill us if we're not careful. Funny, but the technology-driven apocalypse is a lot more believable with the discovery of digital special effects. Some math nerd could win both a Nobel and an Oscar, but end up turning us against technological progress. Oh, the irony.

So the LED prize comes at a crossroads in human evolution. As curiosity and freedom of thought are all under assault by people who flunked math, it's a timely reminder that on its good days, science rules.

Now, if only we can figure out what to do with a Higgs boson.

Metro Bitstrips caption contest

Today's winner:
Kyle Sherman



Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

Bitstrips

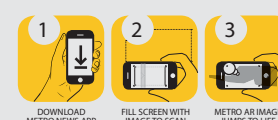


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in Scene and page 17 in Life.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



MetroTube



'Holy mother of muumuu!'



ANDREW FIFIELD
andrew.fifield@metronews.ca

David Schulze and his wife were driving through Mer Rouge, Louisiana, this weekend, when they came across a tractor trailer — carting a crane for good measure — stalled on the train tracks while the warning bells wailed. What happened next is fairly predictable. According to KNOE TV, the truck's driver escaped in time. However, two railroad employees were injured in the crash and are recovering in hospital. (David Schulze/YouTube)



Twitter

A town in Alberta has decided to uphold its 109-year-old ban on alcohol. What would you banish from your city for a century?

@piemagjess: Racism... is that asking for too much?

Join the conversation @metropicks



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Dropping the gavel on truth and justice at the movies

You judge 'em. Legal films deliver some memorable movie lines



IN FOCUS
Richard Crouse
scene@metronews.ca

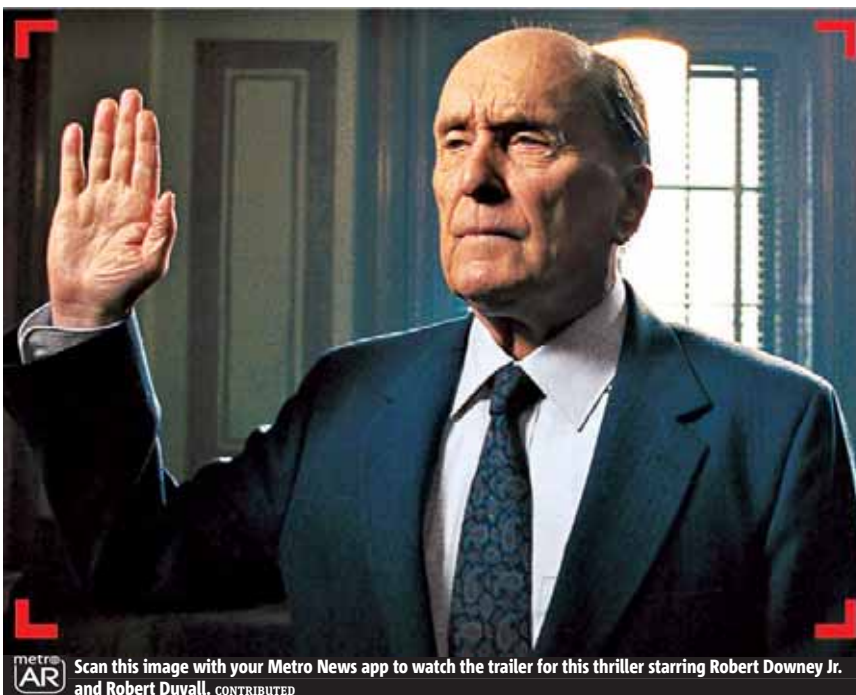
"My father's a lot of unpleasant things. A murderer's not one of them."

That's how Robert Downey Jr. describes his father, the titular character in this weekend's legal thriller *The Judge*. Robert Duvall plays the irascible old judge, who, when accused of vehicular manslaughter, must reluctantly rely on his estranged lawyer son for a defence in court.

While he's on the bench, he's a no-nonsense justice who doles out old-fashioned common sense along with his judgments. In one case, he makes a deadbeat dad hand over his brand-new truck to his ex-wife, joining a long list of movie magistrates who have meted out law and order on the big screen.



Robert Downey Jr.
CONTRIBUTED



Scan this image with your Metro News app to watch the trailer for this thriller starring Robert Downey Jr. and Robert Duvall. CONTRIBUTED

Pass sentence

Downey holds court with status quote

Interviewers love talking with Robert Downey Jr., not just because he's one of the biggest movie stars in the world, but also because he's a one-man quote machine.

Walking into a room full of Canadian reporters to chat up his latest film, *The Judge*, he's wearing a festooned shirt — and that is the only word that can be used to describe his flamboyant sartorial choice — with a pattern that resembled a bisected tree trunk. More intriguingly he carried a small green, nondescript box.

Asked what was inside he said, "I have distilled socialism in this box. It wasn't easy. I'm bringing it back to America."

And the quotes kept coming.

The Judge is a family drama about Hank, a hot-

shot, big-city lawyer who returns to his hometown for his mother's funeral. He's been estranged from his father, Judge Joseph Palmer (Robert Duvall), for years — "He's dead to me" — but is forced to re-examine everything he knows about his dad when the judge is accused of murder.

Downey says, "I found myself crying all the time," (great quote No. 2 for those keeping track) during filming, but not because he was reflecting back on his own life. "I got caught up in the reality the movie expresses," he says. "Hank's mom's funeral is every funeral and Hank's cut-off with his dad is every cut-off that anyone has ever had. It's not even particularly a father-son story because the judge could have been the mom. I just think about these family dynamics and they light up constellations that are very emotional" (great quote No. 3).

He describes shooting the movie as a "weird game of Sudoku" (great quote No. 4) in terms of making sure

the emotional moments didn't stack up against one another, blunting their impact.

"You can't just play 120 catharses in a row," he says. "I hate it when I see that in movies. It's like, 'All right, is everyone always crying in real life?'"

The first step in finding the character meant not allowing his Hollywood persona to bleed into Hank. "That was the first thing I had to smash," he says.

"Hank is really observing this situation that's happening around him and to him and he becomes this person who has to go through this terrible and wonderful crucible. It was really just about doing less and less and less and less and I like being busy. I like to talk and I like to be active and all that stuff, so sometimes I felt like I was literally just sitting on my hands."

He leaves us with one last great quote that sums up his emotional response to the film. "It kicks me in the stomach in the nicest way." **RICHARD CROUSE**

Youth must be served

"What is a yoot?"

Judge Chamberlain Haller's classic line in *My Cousin Vinny*

Everyone remembers Fred Gwynne as *My Cousin Vinny*'s Judge Chamberlain Haller — his classic question, "What is a yoot?" may be one of the most famous movie lines delivered from the bench — but how about Judge Doom, the much feared judge of Toontown?

As played by Christopher Lloyd in *Who Framed Roger Rabbit*, he presides over a town of cartoon characters, punishing lawbreakers with the dreaded Dip, a bubbling vat of turpentine, acetone and benzene that "erases" them. His mission is to pin the murder of Marvin Acme on Roger Rabbit. "I'll catch the rabbit, I'll try him, convict him and execute him!"

Everyone has heard the term "judge, jury and executioner," but Judge Dredd adds one more title, police officer. Set in 2080, this Sylvester Stallone movie sees the justice system boiled down to Street Judges who enforce the laws and dole out instant justice. When Joseph Dredd is convicted for a crime he didn't commit, he must prove his innocence. "The evidence has been falsified! It's impossible! I never broke the law, I AM THE LAW!"

Finally, a more conventional judge is seen in *Anatomy of a Murder*, the 1959 Otto Preminger film about an army lieutenant accused of murdering a bartender who attacked his wife.

The all-star cast — defence attorney James Stewart, George C. Scott as the prosecutor, Ben Gazzara and Lee Remick as the defendant and his wife — was presided over by real-life lawyer Joseph N. Welch as Judge Weaver.

Welch made several pictures, but is best remembered as the attorney who represented the Army in the McCarthy hearings and scolded the Communist-hunting senator with the famous words, "Have you no sense of decency, sir?" when he verbally attacked a member of Welch's law firm.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Queen Elizabeth II ALL PHOTOS: GETTY IMAGES

Palace staff who love dating apps left to Tinder mercies of the Queen

This had to be an awkward security briefing. Queen Elizabeth is reportedly “deeply concerned” about safety at Buckingham Palace since so many of her staff are having overnight guests that they met through dating apps like Tinder and Grindr, according to the Daily Mail. “There are real and serious security concerns at Buckingham Palace about members of staff

use of dating apps such as Tinder, which can be rather sleazy,” a source says. “The palace police are particularly unhappy about the number of guests of servants staying overnight, especially when they may have only just met.” I wish someone had been using a hidden camera when a staffer had to explain to the Queen about Grindr and Tinder.

Oh, mon Depardieu! TMI, dude

Now, onto less serious topics, like Gerard Depardieu’s past as a male prostitute. The highly quotable French actor — or is he technically a Russian actor, now? — has a new autobiography, *That’s the Way it Was*, and it has some rather interesting revelations.

For instance, as a teen and young adult in France, he worked as an escort. “I’ve known since I was very young that I please homosexuals,” he writes.

Oh, and not only did he please them, he would also sometimes mug them, which is just poor customer service.

“At 20, the thug in me was alive and kicking.” That thug in him also led him into the lucrative worlds of auto theft — for which he served time — and grave robbing. Delightful.



Gerard Depardieu

The Word



Shame is yours, not mine: JLaw



NED EHRBAR
Metro in Hollywood

Jennifer Lawrence is finally speaking out about the nude photo-hacking attack to which she and several other female celebrities fell victim.

And as usual, Lawrence has some pretty awesome things to say: “I was just so afraid. I didn’t know how this would affect my career,” Lawrence tells *Vanity Fair*. “Just because I’m a public figure, just because I’m an actress, does not mean that I asked for this. It does not mean that it comes with the territory. It’s my body, and it should be my choice, and the fact that it is not my choice is absolutely disgusting. I can’t believe that we even live in that kind of world.”

There’s a reason it took

her this long to speak out, as the violation of privacy was pretty tough to get over. “Every single thing that I tried to write made me cry or get angry,” Lawrence says. “I started to write an apology, but I don’t have anything to say I’m sorry for. I was in a loving, healthy, great relationship for four years. It was long distance, and either your boyfriend is going to look at porn or he’s going to look at you.”

Which leads to one of the key points Lawrence so eloquently makes: Those photos aren’t for you.

“It is not a scandal. It is a sex crime. It is a sexual violation,” she says. “Anybody who looked at those pictures, you’re perpetuating a sexual offense. You should cower with shame. Even people who I know and love say, ‘Oh, yeah, I looked at the pictures.’ I don’t want to get mad, but at the same time I’m thinking, I didn’t tell you that you could look at my naked body.”



Michelle Williams

Now life will no longer be a Cabaret, Michelle puts Brooklyn home up for sale

If anybody’s looking for a swanky Brooklyn townhouse, Michelle Williams is all done with hers. The *Oz the Great and Powerful* star is putting the six-bedroom property on the market for \$7.5 million, according to Radar Online. The ridiculous-

ly well-appointed home also has rustic hardwood floors, a library, 4.5 bathrooms — one with a claw-foot tub, even — a partially covered backyard patio and a three-car garage. All it needs is a hot tub and it could be the next Real World house.

Twitter



@amandabynes

I’m transferring to NYU or Columbia from FIDM to study psychology, so you’ll see me in New York if you live here but I HATE stalkers!



@JoJoistheway

I need to not fall asleep with the news on...



@rickygervais

I can’t think of anything remotely interesting to tweet.

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How-to

Never sacrifice style for comfort — and vice versa

1. Wrinkle-free trousers and chinos are more stylish and more comfortable than denim.
2. Go with fabrics that breathe so you perspire less. Synthetic fabrics also tend to absorb odours.
3. Sweatpants and other athletic wear can tend to look sloppy.
4. Roll up jackets for the overhead bin. To keep blazers clean, turn them inside out and fold them shoulder into shoulder before rolling them up.
5. Darker colours won't show dirt/spills as much.
6. Keep jewelry to a minimum. Elaborate earrings can make sleeping less comfortable.
7. Opt for simple slip-ons over lace-ups or high heels. And please wear your shoes to the lavatory!

DOUG WALLACE/METRO

Trend

Accessible airport lounges

Departure lounges aren't just for the elite. Hourly-fee lounges are cropping up to offer free snacks and beverages, Wi-Fi, work stations, conference rooms, private nooks, concierge services, showers, etc. The Airspace Lounge at JFK, Baltimore-Washington, Cleveland and San Diego lets passengers rest or work in comfort for \$20. The Club at ATL in Atlanta, Dallas, Phoenix and San Jose offers day passes for \$35. The Centurion Lounges by American Express (free for Platinum cardholders, \$50 for most AmEx cardholders) have set up shop in LaGuardia, Dallas and Las Vegas.

TEXT: DOUG WALLACE, PHOTO: AMEX



Deal

Posh skiing for less in Colorado

The Arrabelle at Vail Square in Vail, Colorado, has 60 per cent off winter rates if you book a minimum of six nights by November 21 for travel between March 12 and 21. This is for one- to three-bedroom residences only, and breakfast is included. Just steps from one of the lifts, the Arrabelle has a healthy dose of old-school, European ski-chalet charm. Keep an eye out for the ubiquitous celebrities. Call Merit Vacations to book at 800-268-5940.

TEXT: DOUG WALLACE, PHOTO: VAIL RESORTS



Oktoberfest. Raise your glass to these unique brew spots



Bucket list breweries

- Largest brewery. The Golden Brewery, Colorado
- Oldest brewery. Bavarian State Brewery, Weihenstephan, Germany
- Most remote brewery. Easter Island
- Smallest brewery. Bragdy Gwynant, Wales

For those unable to make it to the Kitchener-Waterloo, Ont. Oktoberfest — the second largest Oktoberfest in the world — Cheapflights.com rounds up a collection of unique breweries around the world. Cannabia is all about beer made with hemp. Since 1996, a town called Neunkirchen in Germany has been producing suds brewed with organic Pilsner and hemp to bring the term beer buzz to a whole new level. The weirdest brewery in the world has to be in Newport, Ore., where bottles of brewsky are made from human hair — male facial hair. Beard Beer harvests beard hair — a viable source of yeast — to produce suds. Then there's the coldest and northernmost brewery. Ice Cap Beer is produced in Greenland and made with melted ice from a 2,000-year-old iceberg. Oktoberfest in Kitchener, Ont. runs from Oct. 10-18th. AFP

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Constructing the pillars of education in rural Ecuador

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VAWN HIMMELSBACH
life@metronews.ca

It's a winding eight-hour bus ride across the Andes, where you feel the effects of the altitude and bone-chilling cold.

After a motion-sickness-inducing descent into the Amazon basin, you then catch a motorized canoe for half an hour on the Rio Tinto, before being dropped into an environment that has tarantulas and snakes and sometimes 40-plus-degree heat. And this is after a full day of connecting flights from Canada to Quito, Ecuador.

All to get here: Minga Eco Lodge.

It's the definition of remote, deep in the Amazon. This is the newest destination in Me to We's Volunteer Adventure offerings, allowing volunteers to work alongside the Amazonian people and learn about the challenges they face.

"This isn't a luxury paradise vacation, but what you will get out of this is the satisfaction of knowing ... you've been able to give someone something that's greater than money — and that's your time," said Lauren Ott, manager of executive projects with Free the Children.

I'm tagging along with a group of seven Aimia employees on a corporate-sponsored trip to help build a school in the nearby village of Bella Vista Baja. Aimia is a loyalty management company that owns Aeroplan and supports a range of charitable endeavours from donations to employee volunteer activities (for this trip, employees had to apply for a spot by writing an essay).

Alberto Valdes, a manager at Aimia, wanted to come here because his mother is Ecuadorian.

"Growing up, my mother always said how lucky we are to have what we have," he said. "I thought I knew what that meant, but when I got (to Ecuador), I realized I didn't."

Valdes made a sacrifice of his own to be here: His wife is seven-and-a-half months pregnant. Being cut off from the



The view from Minga Eco Lodge. PHOTOS: VAWN HIMMELSBACH/METRO

Finding their focus

"We wanted to create our own identity in the business-scape of Canada," said Alden Hadwen, Aimia's head of community engagement. So Aimia ran focus groups with members to find out what makes life meaningful for them, which has resulted in partnerships with not-for-profit organizations such as Free the Children, among others.

- **Members.** Can donate miles to various causes; Aeroplan also donates miles or matches miles. To date, 385 member miles have been donated, and Aeroplan has contributed close to 100 million miles.

- **Parents or grandparents.** Can redeem miles for a certificate that can help a young person go on a Me to We Volunteer Adventure.

outside world — there's no Internet and no cell coverage, either — is challenging, but he wants to be able to share these stories with his kids so they're aware of important issues from an early age.

There are no roads here. Instead, we hop in a motorized canoe to get to Bella Vista Baja, a community where the only source of "clean" water is from a hose that comes up out of the ground in the middle of



Participants had to cut, form and bind rebar to build pillars that will hold up a school in Bella Vista Baja, Ecuador. Scan this photo with your Metro News app to see more images.

the school playground. There's only one toilet in the entire community, which belongs to the wealthiest family.

"Many of the indigenous people not only feel forgotten, but their infrastructure is very lacking," said Ott. In the past, non-profits would come to areas like this with an attitude of "build it and they will come."

But without community consultation, they built things and no one came. Outhouses became sheds; wells dried up.

Me to We's model is different, in that it requires sitting down with community leaders (not once, but six times) to find out what they need, rather than telling them what they need.

The community is also required to either pay or supply the resources for 10 per cent of every project.

"Our hope is within five or

six years we're able to leave the community and they're fully sustainable," said Ott.

In Bella Vista Baja, we're helping to build a school, alongside a crew made up of locals. We cut, form and bind rebar to build, quite literally, the pillars of education.

Cement (mixed by hand) will be poured over the rebar to create pillars that will hold up the school. It's back-breaking work without machinery.

It will take six to seven months to complete one school, so our group will be one of many helping to make that happen.

But, "it's more than bending rebar all day," said Ott.

"It's taking the time to show someone that they're important enough that you took the time to meet them and learn their name."

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In the event of an event, follow these golden rules for getting yourself out there

They want you. When you show up to any job fair, remember the reason it's being held

ROSIE
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Networking has the ability to make people cringe. Just walking up to someone and starting a conversation can be blush-inducing and might even seem unnecessary. Why not save yourself the embarrassment and just find them online and send them an email?

It's not possible to emphasize enough just how important human contact is when it comes to job-hunting. The great part about recruitment events is that the networking opportunities need not be so daunting.

The one golden rule to networking at a recruitment event is to remember this fact: Every single recruiter at any recruitment event is there because they want to



Go ahead and tell recruiters what you like about their company's job-fair booth. That will show that you're paying attention, and aren't afraid to share your thoughts. ISTOCK

talk to you, maybe even hire you.

Sounds a bit like a no-brainer, right? Wrong. You'd be surprised how many people choose to avoid a recruitment event because they're concerned about networking. Just keep the following tips in mind.

Ask questions about the company and their rep

The best way to leave a great impression on someone is to ask them questions about themselves. This definitely applies at a recruiting event, too. After you've introduced yourself to the campus recruiter, ask them:

Itching to engage

Every single recruiter at any recruitment event is there because they want to talk to you, maybe even hire you.

- What brought them to work for this company?
- If they did post-secondary education, what kind did they do, and what was their specialty?

- What's their favourite part of the job?
- Which company office are they from?

Don't forget to ask key questions about the company:

- What kind of students are they looking to attract at this recruitment event?
- What do their available positions entail?
- How long does the application process take (so you know when to apply)?

Let them know what you like about their booth

Employers love feedback about this kind of stuff as it lets them know what parts of their recruitment strategy are catching the eyes of people like you.

Try to say something a little more engaging than just commenting on the free stuff (even if that is the reason you like their booth). Find something to talk about that shows that you're attentive and perceptive.

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Making contact

Don't forget to swap info with company recruiters:

- Trade their business card for your business card, a resumé and a cover letter. This is a really good way to end a conversation that you think went well, and if you followed the tips listed at right, then the recruiters will likely remember you and therefore need a way to get in touch with you later.
- Following up after a promising conversation is an obvious way to get out in front of the crowd. Doing so might just get you on the path to a career.



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When a workplace needs some work

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A career in consulting provides a plethora of opportunities

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The picture in consulting is a promising one, for a wide variety of reasons. While consulting is a broad field with a range of opportunities, there are some qualities that apply to the industry as a whole, and those qualities bring particular benefits. Take a second to think about how these perks and benefits align with your career goals.

You're in the fast lane

Consulting offers invaluable skill-building, personal development and networking opportunities — right from the start. In fact, the level of autonomy and responsibility an entry-level consultant or analyst receives is almost unparalleled.

Working with a client's top CEO or CFO is not unheard of, which allows relatively new professionals ample opportunity to build a strong network in and out of the firm.

That professional spotlight means that consultants quickly develop and hone their problem-solving and communication skills.

Your work is diverse

As an industry that serves all others, consulting offers recent graduates variety like no other.

Consulting firms are primarily external, meaning your work will vary from client to client and project to project.

Over the course of just six months, you might tackle several different projects. Each one could offer a new kind of content and scope, as well as a range of clients, workplace environments and even countries.

By this measure, there is also enormous variety in the industries that a consulting firm can assist, be it a business firm, media organization, startup tech company or government agency. For many consultants, travelling is routine.



Consulting jobs provide opportunities to build strong analytical skills early on — an asset in any industry. iStock

With so many different clients and projects, a career in consulting is most certainly not your typical day job, and far from monotonous.

You're well-rewarded

As with any booming industry,

consulting is lucrative and the pay is substantial.

With companies lining up for the services offered by consulting firms, entry-level consultants can expect compensation packages that are intended to reward them — and keep

them. Often salaries are cushioned with expense accounts, paid-for professional development, travel packages and free training. Entry-level consultants in Canada can expect an average salary of \$50,000 in their first year.

You can learn and grow

The consulting industry remains one of the most successful industries around the globe.

- Organizations that employ consultants on a large scale (investment banks, private equity firms, corporate law firms and more) are often central to the sustained success of economies, because they are crucial in helping companies to raise capital, facilitate complex transactions, and integrate new technology.
- To this end, companies, corporations, and even governments are increasingly reliant on consulting firms to improve their operations and achieve strategic objectives.

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Levels 2, 4 and 6: 9am to noon

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TD travel rewards bringing the joy

Canadians aren't just happy when they make a purchase which could result in travel rewards, they're also happy when they redeem those travel rewards down the line.

More than a third of Canadians (35 per cent) say they feel happy when they redeem for travel rewards because they love to get a good deal, according to the TD Travel Rewards survey conducted for TD Canada Trust.

The next most common emotion when redeeming miles is satisfaction with the chosen reward (26 per cent), followed by a sense of accomplishment in collecting the required number of miles and excitement about being able to take a dream trip (16 per cent).

"The suite of TD Aeroplan Credit Cards offer a great way for travel enthusiasts to get the most out of everyday credit card purchases and feel that exhilaration of reaching a goal when they redeem their Aeroplan Miles for a trip or reward that they have been planning for, for themselves, or with family or friends," said Stephen Menon, associate vice president, Credit Cards, TD Canada Trust. In addition to exploring the emotional response to the redemption of travel rewards, the survey also explored the personality types of travel rewards collectors.

The results showed that most Canadians who collect travel rewards fall into three main personality types — Strategizers, Savers and Accidental Tourists.

Strategizers, who make up 27 per cent of collectors, develop a detailed plan to earn as many miles as possible, including accumulating bonus multiplier miles by using a rewards



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credit card to purchase such things as groceries and gasoline. The second largest group — at 24 per cent — are Savers, who accumulate miles specifically for a dream getaway. Close behind are Accidental Tourists (22 per cent), who earn miles randomly and travel randomly.

Whether a Strategizer, a Saver or an Accidental Tourist, it's important to choose the travel rewards credit card that best fits your

needs and helps you to achieve your goals as quickly and as easily as possible. Menon also suggests considering the other benefits a travel rewards credit card can offer. For example:

- Look for welcome bonuses and the ability to earn bonus travel rewards on certain purchase categories
- Take advantage of additional benefits that your travel rewards credit card may offer, like

travel insurance coverage, concierge services and airline perks

- Understand the value of your travel rewards in a way that makes sense to you, like air travel or merchandise rewards

- To get the full benefits of any credit card rewards program, ensure the credit card bill is paid in full and on time each month to avoid interest charges on your purchases

Embrace the staycation vacation

Fall is here, and with the busy holiday season on its heels, planning to take even a short break from the office is on many of our minds.

But with competing financial demands, taking that mini-vacation can seem more stressful than relaxing. It's important to remember that vacations are about taking the time to relax, and a vacation close to home can be just as fun and easier on the bank account.

"Vacations don't have to be expensive — staycations are an affordable option that can provide the same mental and physical benefits as travelling to an exotic destination," says Stephen Menon, associate vice president, TD Credit Cards.

"But, regardless of what type of vacation you decide to take, it's still wise to plan ahead and budget for it."



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KEEP COSTS LOW

If you do plan to vacation close to home, Stephen Menon, associate vice president, TD Credit Cards, offer his tips to keep costs in check:

- Plan ahead. For example, if your vacation plans include a weekend trip to wine country, after putting aside \$50 a week for 6 months you'll have over \$1,000 to put towards it.
- Budget for all costs associated with your travel and take advantage of rewards earned with your rewards credit card. Look for a credit card that lets you redeem rewards on all anticipated travel related expenses, including car rentals. Some cards also offer protection for your purchases against breakage or loss, and can sometimes reimburse you for certain emergency expenses due to travel delays and cancellations.
- Bring essentials from home — like groceries, snacks and water — which can help cut down on expenses while travelling
- Take advantage of free activities close to home like heading outside the city for some hiking.

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This recipe makes eight servings. EMILY RICHARDS

Stuffing takes on turkey with a twist

Alternative Thanksgiving week.

The combination of broccoli and wild rice shake up your holiday stuffing



DINNER
EXPRESS
Emily Richards
food@metronews.ca

With Thanksgiving around the corner you may be thinking about what to enjoy with family and friends.

When inviting guests during the holidays, you may need to take into account some dietary restrictions, and it's always nice when flavour doesn't have to suffer.

Bread stuffings for turkey are very popular and certainly tasty, but with many gluten intolerances, that may not be on your list this year.

This unique twist on a stuffed turkey includes a wild rice stuffing with colourful broccoli and crunchy water chestnuts to give it an Asian-inspired taste for the table. With a little heat in the marinade, the flavours sing out.

Using rice as a stuffing

idea makes this a versatile option for gluten-free family members who really do enjoy a stuffing.

1. In a large non-stick skillet, heat oil over medium heat. Add garlic and ginger and cook for 1 minute. Add broccoli and red pepper and cook for 3 minutes or until beginning to soften.

Add rice and water chestnuts and cook for 2 minutes or until warmed through. Remove from heat and add 2 tbsp (30 ml) of the tamari sauce, 1 tbsp (15 ml) of the vinegar and stir to combine. Let cool completely. Stir in egg white.

2. Using chef's knife, slice turkey breast horizontally in half almost all the way through.

Open like a book and using meat mallet, pound turkey to about 1 inch (2.5 cm) thick.

Spread rice mixture over turkey breast. Roll up jelly-roll-style and using kitchen string, tie roll in 2-inch (5 cm) intervals. Place in shallow small roasting pan.

3. In small bowl, whisk together remaining tamari sauce, rice vinegar and Asian chili paste. Pour over turkey breast, turning to coat all over.

Cover with plastic wrap and refrigerate for at least 1

Ingredients

- 1 tsp (5 ml) sesame oil
- 4 cloves garlic, minced
- 2 tbsp (30 ml) minced fresh ginger
- 1 cup (250 ml) chopped broccoli
- 1/2 red bell pepper, finely diced
- 2/3 cup (160 ml) cooked wild rice
- 1/3 cup (80 ml) water chestnuts, drained and diced
- 3 tbsp (45 ml) sodium-reduced tamari sauce
- 2 tbsp (30 ml) rice vinegar
- 1 egg white
- 1/2 tsp (2 ml) Asian garlic chili paste or Tabasco sauce
- 1 large boneless, skinless turkey breast (about 2 lb/1kg)

hour or for up to 4 hours.

4. Roast in 325 F (160 C) oven for about 1 hour and 30 minutes or until meat thermometer reaches 180 F. Let stand 10 minutes before slicing into 1/2 inch (1 cm) thick slices.

Tip: If you want to use just the stuffing, simply make it as in the recipe and bake in a small casserole dish, covered in a 350 F (180 C) oven for about 20 minutes to heat through and cook the egg.

To cook wild rice, boil in salted water for 30 to 40 minutes or until tender but firm. The rice will have "popped" a bit during cooking.



SHUTTERSTOCK PHOTOS

PROTECT YOUR TEETH WITH CREST

Make sure that sensitive teeth don't stop you cold from having fun outside this winter.

Try new Crest Sensi products and defend yourself against the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

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DON'T BE LEFT OUT IN THE COLD THIS WINTER

THE BEST DEFENCE AGAINST YOUR SENSITIVE TEETH

You may think that drinking an ice cold or piping hot drink causes it. Or maybe a big breath of cold winter air. But the painful reaction you have when you expose your sensitive teeth to extreme temperatures is the outcome, not the cause.

What causes your teeth to experience that uncomfortable twinge?

"Vital teeth are alive with nerve and blood supply to the teeth, so they respond to sensory stimuli such as hot, cold or pressure," says Dr. Janet Tamo, a Toronto dentist.

Hard brushing and certain sugary or acidic foods will affect the structure of the tooth and leave it vulnerable so that cold sensations have a pathway to the nerve, which will then cause pain.

Many people avoid exposure to cold drinks and foods, knowing that it may aggravate the sensation of discomfort. However, it's not just what you drink or eat.

"Even breathing in cold air while outside or in a cold hockey arena can aggravate the situation," Tamo says.

For some adults, the pain may only be occa-



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sional, but for many others, it can be chronic. And avoiding the unwelcome sharp pain associated with sensitive teeth can seriously interfere with their lifestyle and eating habits, causing them to stay away from certain drinks, food or even cold-weather activities that can set off the discomfort.

No one wants to be left out when it comes to winter activities. So Crest has developed Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce these new products to Canadians, just in time for winter.

If you suffer with sensitive teeth, find out more about what you can do by talking to your dentist or hygienist. And switch to products that will help ease the pain so you can get out and play this winter.

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Sens face a tough task in picking up Spezza's slack



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

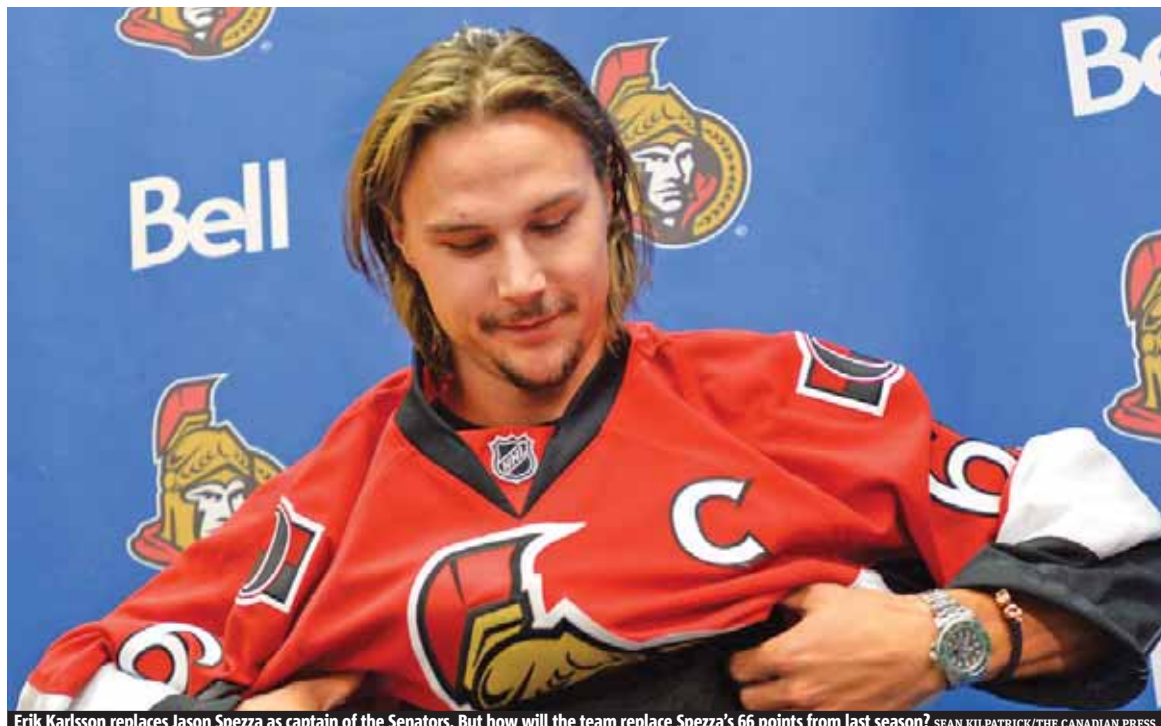
Last season, Ottawa Senators coach Paul MacLean pledged repeatedly, "We'll like where we are after 82 games." Well, no one was happy after the club missed the playoffs — especially captain Jason Spezza, who thought it was time to move on.

Left having to dwell on a lost season for five months, Senators players enter the 2014-15 campaign a motivated bunch. The torch has been handed to star defenceman Erik Karlsson to lead the team, while Clarke MacArthur and Bobby Ryan made long-term commitments to a squad they feel is on the rise.

But to gain entry into Lord Stanley's dance one burning question must be answered: How will the club make up for Spezza's 66 points?

A common response is, "They won't." However, due to crafty drafting, the Senators have a glut of forward depth. Scoring by committee will be the catchphrase this season. There's no doubting MacArthur, Ryan and Kyle Turris will deposit their share.

Eyes are on 21-year-old Mika Zibanejad to add to his 16 goals in 2013-14. Zibanejad ascends the club's depth chart, becoming the second-line



Erik Karlsson replaces Jason Spezza as captain of the Senators. But how will the team replace Spezza's 66 points from last season? SEAN KILPATRICK/THE CANADIAN PRESS

pivot. Solid in pre-season, former Dallas Star Alex Chiasson will look to replicate his performance over 82 games. Meanwhile, Calder trophy candidate Curtis Lazar also looks to make an impression.

The Senators' playoff squad of 2013 finished a lowly 27th in goals scored, averaging a paltry 2.33 per game, but its

commitment to team defence was what got it into the post-season.

Last season the back end was the team's bane. The club fell from second in goals against to 27th. Senators blue-liners were major contributors in allowing 34.7 shots per game, second-worst league-wide, making it tough on

netminders Craig Anderson and Robin Lehner.

With Marc Methot unavailable out of the gate due to a lingering back injury, the pressure is on Jared Cowen to pick up the slack. Cowen will attempt to redeem himself after an off year.

Fans must also hope last season's rookie darling, Cody

Ceci, escapes the sophomore jinx.

MacLean acknowledged that the club has to eliminate 50 goals against if the Sens are to give themselves a fighting chance to earn a playoff berth.

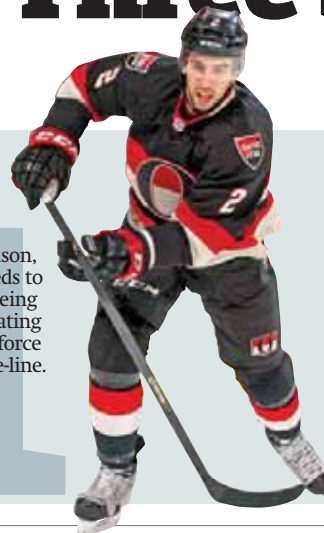
One thing is certain: If the players buy into MacLean's edict, fans will like "where they'll be after 82 games."

Three Senators to watch

MURRAY PAM/THE HOCKEY NEWS
Photos by Getty Images

Jared Cowen

After a sub-par season, Cowen needs to return to being an intimidating shutdown force on the blue-line.



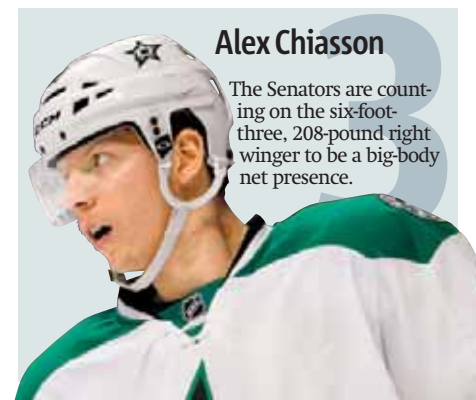
Mika Zibanejad

In his third full season, the 21-year-old is stepping into the No. 2 centre role.



Alex Chiasson

The Senators are counting on the six-foot-three, 208-pound right winger to be a big-body net presence.



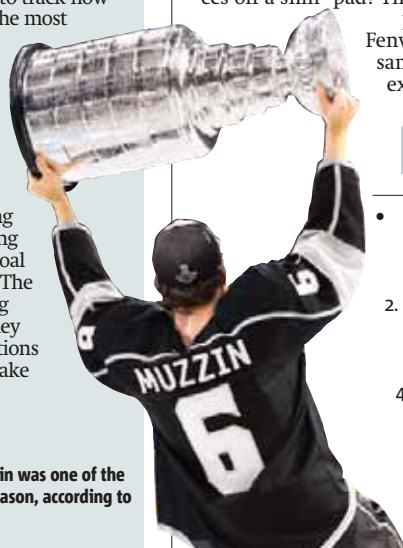
Analytics rule the NHL

If you're a progressive thinker, the kind who loves math and Malcolm Gladwell books, you're probably big into hockey's advanced stats movement. Pat yourself on the back. But if you bristle at the mention of odd new phrases such as 'Corsi rating' and 'Fenwick Close,' and don't know what the heck we hockey media types have gabbed about all summer, keep reading. It's time for Advanced Stats 101. **MATT LARKIN/THE HOCKEY NEWS**

Corsi

Developed by former NHLer-turned-goalie coach Jim Corsi, who wanted to track how busy his goalies were, this is the most commonly used metric in advanced stats. It measures the differential of shots attempted by teams and players versus their opponents' total. That includes shots on goal, shots that miss the net and blocked shots. Corsi is an approximate way of measuring possession, as the team blasting more pucks at the opposing goal tends to have the puck more. The Kings had the best Corsi rating in the NHL last season, and they won the Stanley Cup. Correlations like that are why it's time to take advanced stats seriously.

Kings defenceman Jake Muzzin was one of the top possession players last season, according to Fenwick. **GETTY IMAGES**



Fenwick

What good is a shot attempt if it bounces off a shin pad? That's what Fenwick proponents argue. Fenwick measures the same things as Corsi, except it factors out blocked shots.

Fenwick's best individuals:

1. Jake Muzzin, L.A. (61.3%)
2. Patrice Bergeron, Bos (61.2%)
3. Anze Kopitar, L.A. (61.0%)
4. Justin Williams, L.A. (60.8%)
5. Tyler Toffoli, L.A. (60.5%)

Zone starts

Zone start percentages track player deployment. Guys such as Brad Richards and Mike Ribeiro had some of the highest offensive zone start percentages in the league last season, meaning their coaches were insulating them from playing defence by sending them out for most of their shifts in the offensive zone. A player with a low offensive zone start percentage who also has a high Corsi is a dominant presence, as it means he's pushing the puck toward the other team's net despite starting most of his shifts outside their zone.

2013-14 zone start leaders:

1. Mike Ribeiro, Phx (71.7%)
2. Patrick Kane, Chi (69.8%)
3. Andrew Shaw, Chi (67.9%)
4. Jeff Skinner, Car (66.7%)
5. Brad Richards, NYR (66.6%)



Coyotes centre Mike Ribeiro led the NHL in offensive zone start percentage last season, one more bit of evidence to show he's a defensive liability. **GETTY IMAGES**

Close

Don't shrug it off if you see "close" attached to Corsi and Fenwick. Corsi Close and Fenwick Close track only shot attempts in tie games and games within one goal during the first and second periods. Why? Because blowouts skew the results. A team with a 5-0 lead, for instance, will take its foot off the gas, leading to more opponent shot attempts, which renders the Corsi and Fenwick numbers less informative. We want to know which players and teams control possession more when all things are equal and each side is trying its hardest to score.

Women's World Cup

Enough time to fix turf, lawyer says

Lawyers for a group of elite players opposed to playing the 2015 Women's World Cup on artificial turf say FIFA's own timetable shows there is plenty of time to resolve the issue ahead of the showcase soccer tournament.

Lawyer Hampton Dellinger pointed to a story on the FIFA website on the FIFA inspection tour that wrapped up Tuesday in Vancouver that said "all certification steps for stadium pitches are expected to be completed by early 2015."

That "supports our position that there's plenty of time to come up with a reasonable solution," Dellinger said in an interview.

"They can't say today that these fields are acceptable," he added. "So that really, in a way, provides an opportunity for the two sides to come together as we have tried to do, and work this out."

As the inspection tour concluded, FIFA gave a thumbs-up to Canada's tournament preparations.

THE CANADIAN PRESS

NBA

Agent: Allen yet to decide on future

The agent for free-agent shooting guard Ray Allen says his client has not decided whether to continue his NBA career.

Agent Jim Tanner posted a statement on Twitter saying the 39-year-old Allen remains uncertain about his future. Tanner felt the need to comment following rumours Allen signed with the Cleveland Cavaliers.

THE ASSOCIATED PRESS

NHL

Malkin '50/50' to play in opener

Evgeni Malkin isn't skating a like a guy who wants to his ease way back from injury.

The Pittsburgh Penguins star says it's "50/50" he'll play in Thursday night's season opener against Anaheim but the odds appear to be getting more favourable by the minute. Malkin practised with his teammates for the first time on Tuesday after missing most of training camp with an undisclosed issue.

THE ASSOCIATED PRESS

Cards advance to NLCS as Kershaw crumbles

MLB playoffs. Adams' shot in 7th gives St. Louis offence necessary to top Dodgers' ace starter

The St. Louis Cardinals tagged Clayton Kershaw in the seventh inning for the second straight time, riding Matt Adams' go-ahead, three-run homer to a 3-2 victory over the Los Angeles Dodgers on Tuesday and a fourth straight trip to the NL Championship Series.

Following their 3-1 win in the best-of-five series, the Cardinals await San Francisco or Washington with their rotation well-rested for the NLCS, which starts Saturday. They would open at home against the Giants or at the Nationals.

Trevor Rosenthal allowed two runners in the ninth before getting Carl Crawford on a game-ending groundout for his third save of the series.

Kershaw allowed one homer to left-handed hitters while

Game 4

3

Cardinals

2

Dodgers

- Go to metronews.ca for coverage of Game 4 of the other NLDS between the Washington Nationals and Giants in San Francisco.

going 21-3 with a 1.77 ERA in the regular season. He gave up two to the Cardinals, with Matt Carpenter connecting in the opener. The ace is 0-3 with a 9.72 ERA in his last three post-season appearances, including St. Louis' clinching Game 6 win in the NLCS last year.

Kershaw pitched on three days' rest for the second time in his career. He was dominant into the seventh, as he was in Game 1, but again started the inning with three straight hits.

THE ASSOCIATED PRESS



Matt Adams rounds the bases after hitting a three-run home run off of Dodgers ace Clayton Kershaw on Tuesday night in St. Louis. **DILIP VISHWANATH/GETTY IMAGES**

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2015 Ford F-150

- **Type.** Two- or four-door full-size pickup truck, with two- or four-wheel-drive
- **Engines.** 2.7-L EcoBoost V6 (325 hp/375 lb.-ft.), 3.5-L V6 (283/255), 5-L V8 (385/387); 3.5-L EcoBoost V6 (365/420)
- **Transmission.** Six-speed automatic
- **Base price.** \$21,399

Market position

Ford may be taking a gamble among traditional truck buyers with its all-aluminum body, but expects the fuel economy and increased capability will win them over. It may start a trend among other manufacturers as well.

Points

- Since the steel frame and aluminum body can't touch without creating corrosion, they're separated by coatings and special fasteners.
- The new frame contains eight crossmembers for strength, one more than before.
- The much-touted "military-grade aluminum" is just a marketing phrase, as there is no such standard.



The interior is an improvement, but not as spectacular as it could be.

Interesting features

Available LED headlights, power-telescoping trailer mirrors, 360-degree camera, box side steps, integrated tailgate step, stowable loading ramps, self-parking feature, side-mirror spotlights.

Slim, trim and still the boss

Review. The new Ford F-150 has an aluminum body to reduce fuel use and boost its towing and payload capacity

JIL
MCINTOSH
drive@metronews.ca

When an automaker shaves weight off a truck, good things happen. Not only does fuel economy improve, but towing and payload capability increase.

That's the big news at Ford, where its all-new 2015 F-150 has trimmed down by almost 320 kilograms over the previous model.

That's primarily due to an all-aluminum body and box, along with a redesigned steel frame that's also much lighter than before. Although fuel figures aren't yet available, Ford says to expect an improvement of 5 to 20 per cent over the previous model, depending on the engine.

That lighter body also allowed engineers to add an all-new 2.7-litre EcoBoost V6 engine, which uses two small turbochargers to crank out more power than many lar-



PHOTOS: JIL MCINTOSH

ger engines when required, but which returns better fuel economy when full grunt isn't needed.

It also features start/stop technology, which shuts off the engine at idle, for even more fuel savings.

Other engine options include two versions of a 3.5-litre V6 — one turbocharged, one not — and a 5.0-litre V8.

You really feel the weight difference when driving. The new F-150 feels agile, accelerates quickly, and brakes faster

and better. Maximum towing capacity is now 12,200 lb. (5,533 kg), up from 11,300 lb. (5,125 kg).

The interior is also an improvement over the old model, but it's not quite as spectacular as it could be, and bears considerable resemblance to its Chevrolet Silverado rival.

What does impress is how much attention Ford paid to the details, offering such standout features as rear doors that open 170 degrees

on the SuperCab for easier entry, LED spotlights on the mirrors that can be aimed to light up a campsite or work area, an electric liftgate that can be lowered with a button on the key fob, and a 360-degree camera that helps guide you to your trailer hitch.

It won't be long before the other auto makers chase this revolutionary (not evolutionary) new truck.

But, for now, the F-150 is definitely the leader of the pack.

Compare



- 1 Chevrolet Silverado**
Base price: \$26,540
Redesigned for 2014, the Silverado and its sibling, GMC Sierra, feature engines with fuel-saving technologies.



- 2 Ram 1500**
Base price: \$26,995
The Ram is the only light-duty pickup available with a diesel engine and air suspension.



- 3 Toyota Tundra**
Base price: \$27,225
Available with a choice of two V8 engines, the Tundra is built exclusively in Texas.

5
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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Honda seeks to raise the bar for small-engine efficiency

Honda's newest 1.0-litre engine could set new standards for gas-engine efficiency. The Financial Express says the Japanese automaker is working on a global small engine for use in a new small car due to be launched in 2017. It will be offered in both turbocharged and non-turbocharged versions. Honda's smallest current gasoline engine is the 1.2-litre four-cylinder unit in the Brio model, sold in markets including India, Indonesia and Thailand. It achieves combined city/highway fuel-consumption rating of 5.1 L/100 km. The new engine will complement a 1.5-litre diesel-turbo, also sold in Far East countries. Honda does produce a smaller 0.66-litre gasoline engine for its Kei-car range, but those vehicles are sold only in Japan. **ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM**



Honda is developing a 1.0-litre engine to power a new global small car due to be launched in 2017. There's no word on whether the car will be sold in North America, where the 1.5-litre Fit is currently the smallest Honda.

Driving on orange peels for better grip

Who says tires can't benefit from natural ingredients? A Japanese tire maker has cut the amount of petroleum required in the production of its tires by using oil from orange peels. A continuation of Yokohama's BlueEarth philosophy, the company says it infuses the rubber compound with oil extracted from orange peels. One of the stickiest substances found in the natural world, it helps improve the tires' performance and longevity, while reducing the amount of petroleum used in the tire. Orange oil technology was tried and tested on road racing tires in motorsports series around the world, and is now featured in Yokohama's first mainstream tire application, the AVID Ascend series.



Adding oil from orange peels to the rubber compound improves a tire's performance and longevity, Yokohama suggests.

Shift points

- Volkswagen is developing a four-door version of its tiny high-efficiency XL1, says Britain's Autocar magazine. It speculates the larger size won't affect the car's fuel use of 0.75 L/100 km, with technical refinements and the aerodynamic benefit of a longer body offsetting the added weight.
- Germany's Daimler is considering using three-cylinder engines in a range of new small hybrid vehicles, reports Automotive News Europe. The company views the smaller, lighter engines as a necessary factor in hybrids, where size issues complicate powertrain packaging.
- Volkswagen's e-Golf electric car will debut in police-duty spec at a conference in Germany. The e-Golf will debut in North America late this year, with a motor producing 115 horsepower and 199 lb.-ft. of torque.

Air helps power hyper-miler for Peugeot

French automaker Peugeot is showing its 208 Hybrid Air 2L demonstrator at the Paris Auto Show. "2L" refers to fuel consumption of 2.0 L/100 km. The vehicle is based on a production version of the Peugeot 208's 82-horsepower 1.2-litre five-seat hatchback. Weighing less than 900 kilograms, the body is a mix of steel, aluminum and composites. In addition to enhanced aerodynamics, the standard powertrain is replaced by a hybrid drive system with a mix of gasoline and compressed air. According to hybridcars.com, the compressed air is used to assist and even take over entirely for the gasoline engine during acceleration and starts.



Even with new electric offerings, does the goal of having 1.5 million such cars on the road in California by 2025 seem attainable?

Electric cars in California top 100,000

California reached an electric-car milestone in early September, according to figures compiled by a group called the California Plug-In Electric Vehicle Collaborative, surpassing 100,000 registered vehicles since the first electrified vehicle was sold there in 2010. This gives the Golden State about 40 per cent of all the electric vehicles currently registered in the entire United States. In addition, says the Green Car Reports website, the milestone puts the state in a good position to reach Gov. Jerry Brown's target of putting 1.5 million electric cars on the road by 2025. Cleaner, low-emission vehicles have been a priority for the state since the 1960s and 1970s, when clouds of smog choked its cities.

Mercedes B-Class adds a natural-gas powertrain option

Mercedes-Benz has given its B-Class compact tall wagon a midlife upgrade with a range of more efficient engines, including electric and natural-gas options. The most interesting powertrains, says technology website Gizmag, are the new B200 Natural Gas Drive and the B-Class Electric Drive. The natural-gas B-Class uses a 2.0-litre four-cylinder engine fuelled by three tanks of natural gas and can hold 14 litres of gasoline if compressed natural gas is not available. Powered by a lithium-ion battery, the B-Class Electric Drive is already on sale in North America, and proving to be "comfortably powerful enough for darting in and out of city traffic." Subtle cosmetic changes and infotainment upgrades complete the refresh.



The B-Class is already available as an electric model, but there will be other choices, including a natural-gas version with an auxiliary gasoline fuel tank, just in case.

[illegible]

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Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You are well on the way to achieving something that appeared to be out of reach. You have one last hurdle to overcome and one last doubter to convince.

♉ Taurus

April 21 - May 21

Treat yourself — do something for no other reason than it makes you feel good. Some people may be shocked by your extravagance but that will only add to your enjoyment.

♊ Gemini

May 22 - June 21

Something extraordinary is about to happen. Today's eclipse will enable you to turn what has been a dream into a real-life achievement.

♋ Cancer

June 22 - July 23

Don't be fooled if a rival appears to give in over something you have been arguing about for weeks. It will pay you to be suspicious over the next 24 hours.

♌ Leo

July 24 - Aug. 23

Don't be afraid to rock the boat — in fact, rock it a lot. You need to let others know no matter how much they disagree, you will do your own thing.

♍ Virgo

Aug. 24 - Sept. 23

Unseen forces are maneuvering you in a new direction, a direction that will ultimately make your life richer and more fulfilling.

♎ Libra

Sept. 24 - Oct. 23

Your luck is changing for the better but today's eclipse warns you won't get it all your own way. If you want to move ahead you will need to bring others along with you.

♏ Scorpio

Oct. 24 - Nov. 22

What happens today may be a challenge to your ego but no way is it going to break you. Make things easier for yourself by going with the flow rather than fighting against it.

♐ Sagittarius

Nov. 23 - Dec. 21

You will find it easy to approach people today who may have seemed distant or unfriendly. Break the ice and make new friendships.

♑ Capricorn

Dec. 22 - Jan. 20

Today's lunar eclipse in the career area of your chart is a powerful omen and if you are as ambitious as people think you are you will go all out to start moving up in the world.

♒ Aquarius

Jan. 21 - Feb. 19

You have every reason to enjoy yourself. Even though some people appear to be having it tough, you can set a good example.

♓ Pisces

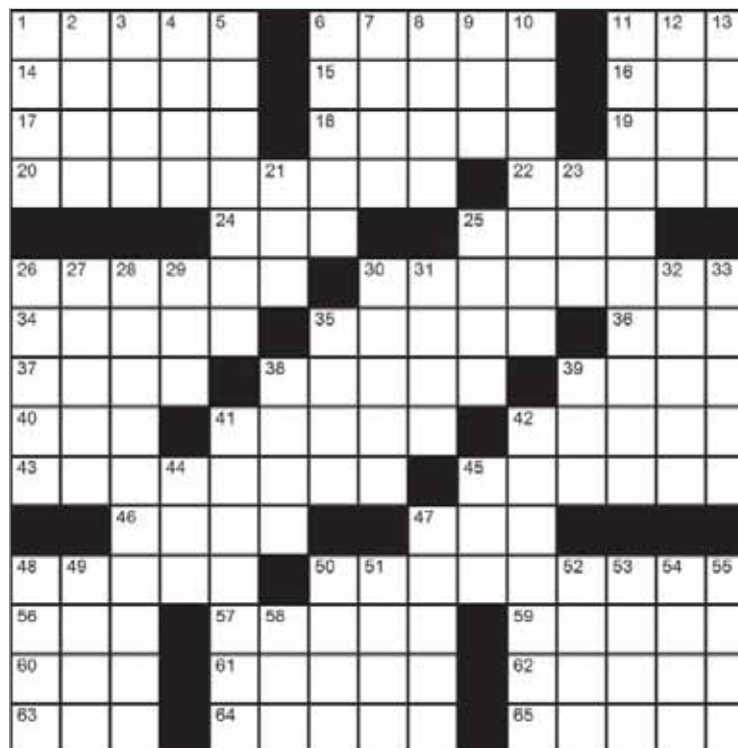
Feb. 20 - March 20

The winds of fate are blowing you in a new direction and all you have to do is relax and go with them. The planets indicate you'll do okay.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Mr. Johnson, American Idol
6. Showbiz blogger Mr. Hilton
11. Energy
14. Ancient market
15. "It's good, ___ it!"
16. Sweetie
17. ___ (Vacationing reason)
18. Moves swiftly
19. Alberta: ___ Island National Park
20. ___ Rhyme, Comedian Tom Green's '90s rap group ...#11-Down for more!
22. Gaudy
24. Period
25. Con
26. Attribute
30. Painting props
34. 'And ___ be he that moves my bones.' (Shakespeare's grave epitaph ending)
35. "For Whom the Bell Tolls" (1943) character
36. TV channel
37. Fe
38. French impressionist Claude
39. "It's ___ real!"
40. "Emerald Point, ___" ('80s series)
41. Ms. Chanel's
42. Oak dropping
43. Saskatchewan village
45. Computer keyboard sort
46. Deal



47. Composer, Josef ___ (b.1874 - d.1935)
48. Elbow: French
50. One who boosts confidence
56. Fitting-here bug
57. Alannah Myles' "___ of Mine"
59. In ___ (Laundry's

- place)
60. Skater Midori
61. "Me, Myself & ___" (2000)
62. "Reign" star Toby
63. And not
64. Like a Viking
65. French painter Edgar

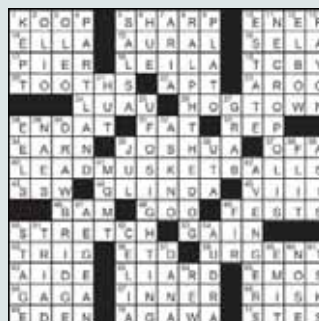
Down

1. Verdi aria: "___ Nome"
2. Seaweed product
3. Short's opposite
4. Earth goddess in Das Rheingold
5. Blue-Red-Blue: Mr. Newman (b.1905 -

- d.1970), American artist of Voice of Fire
6. Takeout order
7. Author Mr. Wiesel
8. Peel
9. Hosp. readout
10. Spicier
11. "___ ___": #20-Across hit

12. Mr. Hogan
13. Pac-Man ghost
21. Enraged emotion
23. Li'l elevation
25. Meadow cry
26. Betty Crocker product
27. Wall painting
28. Senior Crown ___ (Title character's profession on "Janet King", new to CBC)
29. States' sailor service, shortly
30. Attach: 2 wds.
31. Bar beverages
32. Movie critic Roger
33. Cher duettist
35. A little, musically
38. Change position
39. Ancient dating letters
41. Type of fish Humpback Whales feed on off the coast of Newfoundland
42. "___" (Teen comedy on MTV Canada)
44. Non-verbally agree
45. Shoppers Drug Mart cosmetics line
47. Unrestrained purchasing
48. Actor Dean
49. Not fooled: 2 wds.
50. At all
51. YMCA part
52. Duellist's need
53. British actress Diana
54. Actor Idris
55. Vintage autos
58. ___-Medonte (Ontario township)

Yesterdays Crossword



Online

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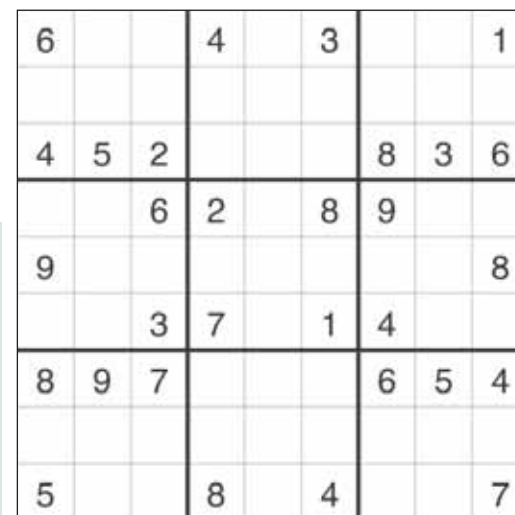


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterdays Sudoku

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HOURS: Wednesday to Friday 10am-8pm
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SELIMA B - Lot 291074
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